

**SUGGESTED USE** Consume two or more capsules daily with food or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS

**Unsurpassed Purity, Quality and Efficacy**

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

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# PHOSPHATIDYL CHOLINE PC LIVER & BRAIN BENEFITS™

Concentrated Liquid Phosphatidyl Choline



Dietary Supplement | **180** Easy-to-Swallow Capsules

**Andrew Lessman's PHOSPHATIDYL CHOLINE LIVER AND BRAIN BENEFITS** provides a concentrated, stable source of the most important phospholipids essential for healthy brain and liver function. We focus on *Phosphatidyl Choline (PC)*, since it is the predominant phospholipid in both the brain and liver and is now recognized by the FDA as an essential nutrient because of its important role and scarcity in our diet. *PC* is essential for the creation of all brain and liver cells, as well as the production of our most important neurotransmitter – Acetylcholine. *PC* is also required to produce the protective sheath for our brain and nerve cells. The human brain is extraordinary; yet, as we age, we all experience significant changes in memory and brain function. *PC* is a first line of defense to help support the retention of our brain's remarkable abilities and combat those normal, age-related changes in memory, concentration and mental acuity. As vital as the brain is, the liver is arguably our hardest working organ and *PC* makes up two-thirds of its enormous surface area (almost 8 acres!) where it performs protein, fat and cholesterol metabolism, as well as processing all waste products (alcohol, medicines, etc.) and almost single-handedly doing all the "dirty" work required to maintain a healthy internal environment. Not surprisingly, the regenerative powers of the liver are unique among all internal organs and *PC* empowers the liver to rebuild and regenerate its hard-working tissues. In short, there is no more important building block to support and promote the health of our brain and liver than *Phosphatidyl Choline (PC)*. To assure you the greatest benefits possible, we enhance our **PC Liver & Brain Benefits** with the unique balance of plant-based Omega-3 fatty acids from Ahiflower® Oil.

Ahiflower® is a registered trademark of Technology Crops, LLC.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

Amount Per Serving %DV\*

Calories 10

Total Fat 1 g 1%

Trans Fat 0 g

Soy Lecithin Oil 1,200 mg (1.2 g) †

Phosphatidyl Choline 420 mg

Choline 60 mg

Phosphatidyl Ethanolamine/Inositol 80 mg

Total Omega Fatty Acids 48 mg †

(from Ahiflower® Oil B. arvensis seed)

ALA - Alpha-Linolenic Acid (Omega-3) 29 - 34 mg

SDA - Stearidonic Acid (Omega-3) 11 - 15 mg

GLA - Gamma-Linolenic Acid (Omega-6) 3 - 6 mg

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).

**CONTAINS NO** Milk, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, genetically modified (GMO) ingredients or manufacturing additives.

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# LIVER ANTI-OXIDANT EXTRACTS™

Milk Thistle (Silymarin & Silybins)  
Turmeric (Curcumin) | Artichoke



Dietary Supplement | **240** Easy-to-Swallow Capsules

**Andrew Lessman's LIVER ANTI-OXIDANT EXTRACTS** is a unique blend of plant extracts and nutrients formulated for optimum liver health. It includes Milk Thistle, Turmeric and Artichoke extracts, each standardized for their most beneficial compounds. The liver is our largest and perhaps our hardest working organ, laboring constantly to maintain a healthy internal environment. The liver processes all alcohol, drugs and chemicals that enter our body, while metabolizing cholesterol, fat, sugar and protein. In short, good health requires a healthy liver. This formula begins with our unique Milk Thistle extract standardized for high levels of Silymarin in the form of a highly active Phospholipid Complex. Silymarin has been valued and respected for centuries and has now been clinically shown to help protect liver cells from damage while also promoting the liver's natural regenerative capacity. Our Milk Thistle is enhanced by specifically standardizing it for Silymarin's most active and important components, Silybins. We then add our activated Curcumin Phospholipid Complex with its enhanced absorption of its high levels of protective Curcuminoids. Like Milk Thistle, Turmeric possesses a myriad of protective, regenerative and detoxifying benefits for the liver. Lastly, we add Artichoke extract standardized for Cynarin, as well as key B-vitamins to ensure the liver has all the protection and support it needs to perform its vital work.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving		%DV*
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	25 mcg	1,042%
Silymarin Phospholipid Complex (Milk thistle, 80% extract (fruit/seed) and phospholipids)	200 mg	†
Total Silymarin	135 mg	
Total Silybins	60 mg	
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	100 mg	†
Total Curcuminoids	38 mg	
Artichoke, extract (leaf) standardized to 2.5% cynarin	100 mg	†

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.